

Abuse of Psychotropic Drugs and Mental Health Challenges among the Youth of Port Harcourt, Rivers State

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Abstract: The abuse of psychotropic drugs among youths in Nigeria is now a common phenomenon with a negative impact on society. In many psychiatric hospitals in Nigeria, a lot of young people are undergoing drug addiction treatment. This is becoming a social problem in Rivers State. It is against this backdrop that this study was undertaken to appraise the psychotropic drugs and their consequences on the mental health of youths in Port Harcourt, Rivers State. Structural questionnaires and oral interviews were used to collect data among parents, youths, and staff of NAFDAC and NDLEA. A total of 400 questionnaires were distributed, but 330 were recovered from the field. Simple statistical techniques, which comprised percentage, mean, and standard deviation, were used for the data analysis. The outcome of the study shows that the majority of youths depend on drugs to achieve greater efficiency, acquire long lasting energy, and alertness. The study further reveals the negative implications in terms of mental health risk are depression, schizophrenia, daytime sleepiness, and anxiety disorder, etc. This paper, therefore, concludes that the use of psychotropic drugs by youths is real and is assuming an alarming rate in the city of Port Harcourt. The study thus recommends, among other things, a collaborative effort between parents, government and non-governmental organisations (NGOs), as well as drug regulatory agencies such as the National Drugs Law Enforcement Agency (NDLEA), to train and re-orient children and youths on the negative effects of psychotropic drug abuse on their mental health, society, and human dignity.

Keywords: Psychotropic Drugs, Abuse, Youths.

I. Introduction

Drugs are regularly utilised by both young and old people. Drugs are not just beneficial to humans; they are also beneficial to animals' health. When humans discover that their animals are ill, they administer drugs to them. A drug is a substance that can be used to cure illness and improve the health of any living thing. True, drugs are utilised for therapeutic purposes and are a beneficial substance for excellent health, but they are overused by people, particularly youngsters. They utilise it in an illegal and unlawful manner, causing injury to the body. Drug misuse among Nigerian youngsters has been described as a moral degeneration. Drug addiction has tarnished the appearance of Nigerian youths and brought shame to our country.

Psychotropic substances, which influence the central nervous system as either psycho-stimulants (marijuana and nicotine) or psycho-depressants (alcohol and tranquilizers), wreak havoc on the body, which may initially recover but deteriorates over time (Oraegbune et al., 2017). Youths who erroneously assume that sometimes letting loose with a six pack or snorting a line of cannabis won't harm are a special danger to the heart. Psychotropic medications have revolutionised the treatment of mental diseases. They are substances that influence brain functions, mental processes, and behaviours (Oraegbune et al., 2017). According to the authors, psychotropic medications fall into four categories: anti-psychotropic, antidepressant, anti-

anxiety, and hypotropic. The Centers for Medicare and Medicaid Services (CMS) and the National Drug Law Enforcement Administration (NDLEA) have produced recommendations for the proper use of these medicines in the construction sector, primarily among construction workers.

Psychotropic drug reactions are an individual's behavioural, perceptual, physiological, emotional, or cognitive responses to a given performance, as well as signs and symptoms of sickness or disorder, such as headaches, alcohol misuse, obesity, cardiovascular disease, and hypertension (Kaminer et al., 2010). Subjective or immanent symptoms often associated with "feeling stressed" include headaches, shortness of breath, mild headaches or dizziness, nausea, muscular tightness, weariness, gnawing in the belly, palpitations, lack of appetite or hunger, and difficulties sleeping. The most often reported behavioural effects of psychotropic medicines include sobbing, smoking, excessive eating, drinking, alcohol consumption, rapid speech, and shaking. Also prevalent among adolescents is the complaint that psychotropic medicines adversely influence their operating systems. It hinders the capacity for focus, problem-solving, decision-making, and job productivity (Schepis & Krishnan-Sarin, 2008).

Between 2009 and 2012, according to the National Drug Law Enforcement for Food and Drug Administration and Control (NAFDAC) reporting system, the total drug consumption rate for antipsychotics rose from 20.5 to 35.6%.

During this time period, the prevalence of anti-anxiety medications rose from 24.3 to 25%. Similarly, data from the same system indicates that the percentage of construction employees with a diagnosed mental disease, excluding dementia, climbed from 25% to 34% during the last four years, while the percentage of construction workers with behavioural symptoms increased from 29% to 31%. It was said that the testing of medications and restraints should be required to guarantee the physical safety of construction workers, and only upon the written prescription of a physician specifying the length and conditions under which the restraints are to be used (Beal et al., 2003).

Psychotropic drug management refers to the tactics of coping, recuperating, reinterpreting, retraining, and cognitive restructuring chosen by a person who is under the influence of the majority of substances, making modifications that may lower the consumption of psychotropic medications on-site. Psychotropic substances are a prevalent problem, particularly in the construction business. In 2010, 12.3% of 18-to-50-year-old construction workers acknowledged to current use of illegal psychotropic substances, about double the percentage of the rest of the working-age population (7.9%). (Golaik, 2010). While the majority of construction workers are aware of the legal and addictive implications of psychotropic medicines, many misjudge the short- and long-term health impacts. These include infrequent drinkers who also use nonprescription pain medications.

Abuse of psychoactive substances is becoming widespread among Nigeria's young. Women are not spared from this heinous conduct. According to a retrospective research conducted by the Nigerian Drug Law Enforcement Agency (NDLEA), around 15 to 20 percent of drug users are female, while the remaining 50 to 55 percent are male and include merchants, students, unskilled employees, and the jobless. Drug usage has led to society's decline. Despite this, many adolescents continue to engage in it. In several Nigerian mental facilities, many of our young people are getting pharmacological therapy. The number of kids who are mad is more than the number of elderly who are insane, and drug misuse is the primary cause of young insanity. Some adolescents drop out of school because they were unable to continue owing to the quantity of drugs they ingested, which rendered them insane. Port Harcourt is not a special case. Due to drug addiction, many adolescents are homeless, wandering, derelict, jobless, rapists, thugs, armed robbers, etc. Due to drug addiction, many lives and assets have been lost in accidents and acts of violence. Youths who were meant to be the hope of their families and the community at large, as well as helpful to themselves, have squandered their lives due to drug abuse, which has become a severe issue in Nigeria. This research is aimed at appraising the consequences of psychotropic

drug usage among youths, while the objective is to identify types of psychotropic drugs and their effects on the mental health of youths in Port Harcourt City.

Research Questions

The following research questions were formulated to the study:

1. What are the psychotropic drugs commonly abused by youths?
2. What are the reasons commonly attributed to taking psychotropic drugs among youths?
3. What are the effects of psychotropic drugs on the mental health of adolescents?

The Objectives of the Study

The aim of the study is to examine the prevalence of abuse of psychotropic drugs and its implications on the well-being of youths in Rivers State. The specific objectives are to examine:

1. The psychotropic drugs commonly abused among youths are
2. The reasons commonly given for taking psychotropic drugs among youths.
3. The effects of psychotropic drugs on the mental health of adolescents

II. Literature Review

Psychotropic Drugs: Psychotropic medicines are chemicals that impact the mental processes and behavior-related brain functions. These substances are also known as psycholative or psychotherapeutic drugs (Oraegbune et al., 2017). According to the Medical Dictionary (2009), psychotropic substances influence perception or behaviour. Psychotropic medications are defined by Stone and Merlo (2011) as having an influence on the mind or altering mental processes. These substances are also known as "psychotropic medicines." This is a chemical substance that passes the blood-brain barrier and primarily operates upon the central nervous system, altering perception, mood, consciousness, cognition, and behaviour as a consequence (Kaminer et al., 2010). These chemicals may be taken recreationally to change one's consciousness on purpose, as entheogens, for construction labour and hyperactive reasons, as a tool for learning or enhancing the mind, or as medicine.

Abuse of psychotropic medicines has an impact on the brain, which has implications for mental health. It has a negative impact on the lives of adolescents and youth in general. Thus, many of Nigeria's bright and potential kids are now mad." (1958:694) According to Roland and Taste. Marijuana abuse results in constant roaming from place to place and ultimately mental disorder. According to Andreasson et al. (1987, p. 1483, cited in Horvath & Brown, 2016), "there are instances of marijuana-induced toxic psychosis, which is a serious temporary disturbance of normal brain activity and the patient is disoriented and always experiences hallucinations." In Nigeria, the incidence of drug-induced mental illness in a psychiatric hospital revealed that 85 percent of the causes were marijuana-related and the majority of the patients were between 16 and 25 years old "of age" (Ene, 1989, p. 12 cited in Oraegbune et al., 2017). In Nigerian tertiary institutions, mental illnesses are prevalent, and some are induced by marijuana consumption. Also, it is evident that the majority of crazy Nigerian adolescents today were drug users. In Nigeria, the number of mad youngsters exceeds the number of insane elderly. They are not only insane due to drug usage, but they are also dying from it.

III. Empirical Review

Oraegbune et al. (2017) investigate the incidence of psychotropic medicines among construction workers as well as their effects and responses. The data analysis used a basic statistical approach. The results of the survey indicate that 85 percent of the population relies on medicines to reach higher levels of productivity, sustained energy, and attentiveness. The study also reveals the negative consequences in terms of health risk and low productivity (e.g., caffeine (93 percent) causing anxiety, disorder, and sleep disruptions; nicotine (73 percent) causing pelvic ulcers; marijuana (93 percent) causing mental illness; codeine (73 percent) causing hyperactivity;

alcohol (51 percent) causing diabetes and hypertension); while poor or low-quality work is a sign that workers are abusing drugs. In addition to disobedience, bickering, and aberrant conduct, there are further indicators of drug addiction among employees, such as disobedience. The conclusion of this research is that the usage of psychotropic medicines by construction workers is genuine and expanding at an alarming pace.

Calsyn et al. (2010) explored sex under the influence of drugs or alcohol, which is prevalent among males in substance misuse treatment and is related with high-risk sexual activity. Sex while under the influence of alcohol or drugs is linked to high-risk sexual activity. In drug addiction treatment, heterosexual males ($n = 505$) performed a computer-administered assessment measuring sexual risk behaviours. The majority of males (73.3 percent) reported engaging in sexual activity under the influence over the last 90 days, and 39.1 percent reported engaging in sexual activity under the influence during their most recent sexual encounter. Sex under the influence at the most recent event was more likely to entail anal contact, sex with a casual partner, and decreased condom usage. As reciprocal triggers, sexual behaviour and drug abuse may benefit from therapies that address sexual behaviour and substance abuse.

Mekonnen (2013) evaluated drug abuse and hazardous sexual behaviour among Adama Science and Technology University (ASTU) students during the 2012/13 academic year. Using stratified, systematic, and random selection, a total of 447 respondents were chosen to complete questionnaires. Only 426 (95.3 percent) of the total respondents answered the question properly, and the analysis of the data were based on these 426 respondents. The results of the survey indicated that the prevalence of drug usage among ASTU students was around 43.9%. In decreasing frequency, the most widely misused drugs were alcohol (35.7%), khat (20.2%), cigarettes (15%), and hashish/shisha (9.2%). In addition, the research found that there was a statistically significant association between the incidence of drug abuse and former place of residence, gender, and school attended before enrolling in university, but not with present place of residence.

IV. Theoretical Framework

Diverse orientations emphasise that individuals possess a diverse range of behaviours (Maier, 1970). Maier (1970) posits that a person is "a community of selves" from which the individual may adopt multiple views, and that this "community of selves" of people constitutes a flexible framework for representing many elements of their experiences in regard to themselves and others. Bandura's (1986) Social Cognitive Learning Theory guides this investigation. According to this view, a person's behaviour is governed by his or her thoughts, surroundings, and attitude (cited in Asare, 2009). Individuals select their own conduct while being impacted by external circumstances and their own behaviour. Bandura's social cognitive learning theory tends to emphasise cognitive expectations, vicarious learning, and self-regulation as drug and substance misuse explanation processes. Those who feel that drugs will make them more beautiful, less inhibited, better lovers, and more enjoyable to be around are more likely to engage in drug use. Bandura (1986, as referenced by Asare, 2009) argued that behaviour is mostly governed by cognitive elements, such as the perception of a problem and the environment's pattern.

Our theory is applicable to this investigation because it emphasises the significance of observational learning in relation to the existence and effect of models. The idea asserts that role modelling not only influences behaviour, but also contributes to the formation of thoughts and emotions that determine behaviour. Most likely, adolescents who participate in psychotropic medication addiction have learned this behaviour from their surroundings. The majority of the time, these people have voluntarily chosen to engage in drug and substance addiction.

V. Methodology

In Port Harcourt City Local Government Area, a descriptive survey design was used for the research. In order to gather data for the research, structured questionnaires and unstructured oral interviews (primary sources) were used as data collecting instruments. Youths, parents, and

NAFDAC and NDLEA employees were the subjects of questionnaires and oral interviews used to gather data. Some input was made through secondary sources. The sample size was 400 and was determined with the aid of the Taro Yamane formula. The formula is stated as:

N= Population

K= Constant (1)

E= Degree of error expected (0.05)

N= Sample size

$$\begin{aligned} n &= \frac{N}{K + N(e)n^2} \\ &= \frac{7,303,900}{1 + 7,303,900 (0.05)n^2} \\ &= \frac{7,303,900}{1 + 7,303,900 (0.002500000000000005)} \\ &= \frac{7,303,900}{1 + 14158.405000000002} \end{aligned}$$

N=399.9

Approximately =400

Here, F is the frequency, which is the number of responses from each of the respondents; N is the total number of respondents for each of the subjects. 100% is the percentage of the subjects' responses to the questions. A total of 400 questionnaires were distributed, while a total of 330 were returned. The breakdown details of the total numbers returned were as follows: youths (255) or 63.75%, parents (74) or 18.5%, NAFDAC (18) or 4.5%, and NDLEA (15) or 3.75%. Furthermore, the breakdown details of the numbers unreturned were as follows: youths (5) or 1.25%, parents (26) or 6.5%, NAFDAC (2) or 0.5%, and NDLEA (5) or 1.25%.

The study adopted purposive and snowball sampling techniques to get the sample population. A purposive sampling technique was used to identify the slums in Port Harcourt while a snowball was used to identify the participants for the study from the slums and NAFDAC and NDLEA offices. In order to effectively analyse the acquired data, the questionnaire and oral interview questions were designed to achieve the purpose and goals of the research. SPSS version 26 was used to analyse the data using a statistical approach based on the computation of basic percentage, mean, and standard deviation.

VI. Data Presentation and Analysis

Table 1. Respondents Demographics

Sex Distribution	Frequency	Per cent
Male	255	72.9
Female	75	21.4
Total	330	94.3
Age Distribution	Frequency	Per cent
15-20	37	11.2
21-25	161	48.8
26-30	80	24.2
31-35	40	12.1
36-40	12	3.6
Total	330	100.0
Occupational Distribution	Frequency	Per cent
Student	178	53.9

Self-employed	56	17.0
Civil servant	52	15.8
Company worker	40	12.1
Unemployed	4	1.2
Total	330	100.0
Educational Distribution	Frequency	Per cent
Primary	5	1.5
Secondary	63	19.1
Tertiary	262	79.4
Total	330	100.0

Source: Field Survey (2022)

The demographic data of the respondents revealed that male respondents were 255 (72.9%), while females were 75 (21.4%). The age distribution of the respondents is such that 37 (11.2%) were aged 15–20 years, 161 (48.8%) were 21–25 years, 80 (24.2%) were 26–30 years, 40 (12.1%) were 31–35 years, and 12 (3.6%) were 36–40 years. The occupation of the respondents was such that 178 (53.9%) were students, 56 (17%) were self-employed, 52 (15.8%) were civil servants, and 40 (12.1%) were company workers, while only 4 respondents (1.2%) were unemployed. The educational distribution of the respondents shows that 5 (1.5%) have primary education, 63 (19.1%) have secondary education, while 262 (79.4%) have tertiary education.

Research Question 1: What are the psychotropic drugs commonly abuse by the youths?

Table 2. The Common Psychotropic Drugs Abuse by Youths in Rivers State

S/N	Items	SA	A	D	SD	Mean	Std.	Decision
1	caffeine	14	76	142	98	2.01	0.83	Not Accepted
2	Marijuana (cannabis)	90	156	60	24	2.94	0.86	Accepted
3	Tramadol	101	147	53	29	2.96	0.90	Accepted
4	Codeine	23	70	133	104	2.03	0.89	Not Accepted
5	Alcohol	157	138	21	14	3.32	0.77	Accepted
Grand Mean						2.65	0.85	Accepted

Source: Field Survey (2022)

Table 2 analyses the data collected from the field on research question one. The question aimed to assess the common drugs taken by youths. The mean ratio of 2.01, 2.03 and corresponding standard deviation of 0.83 and 0.89 indicated that caffeine and codeine are not common in Port Harcourt, Rivers State. On the other hand, the mean ratios of 2.94, 2.96, and 3.32 and corresponding standard deviation of 0.86, 0.90, and 0.77 indicated that marijuana, tramadol, and alcohol are common among youths in Rivers State. The mean ratio of 3.32 and corresponding standard deviation of 0.77 revealed that alcohol is the most commonly abused psychotropic drug in Port Harcourt.

Research Question 2: What are the reasons commonly deduce for taking the psychotropic drugs among the youths?

Table 3. The reasons commonly deduce for taking the psychotropic drugs among the youths

S/N	Items	SA	A	D	SD	Mean	Std.	Decision
6	Take it for alertness and for hyperactive.	168	140	12	10	3.41	0.70	Accepted
7	Take it to acquire energy.	95	216	11	8	3.20	0.61	Accepted
8	Take to resist pain.	123	167	29	11	3.21	0.74	Accepted
9	Take it to avoid the thoughts of financial pressures.	139	115	15	61	3.00	1.09	Accepted
10	Take it for the purpose of work.	127	134	44	25	3.10	0.90	Accepted
11	Take for sexual purposes	157	138	21	14	3.32	0.77	Accepted

Grand Mean					3.20	0.80	Accepted
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Source: Field Survey (2022)

Table 3 analyses the data collected from the field on research question two. The mean ratio of 3.41 and standard deviation of 0.70 indicated that most of the respondents agreed that the youths depend on psychotropic drugs for alertness and for hyperactivity. The mean ratio of 3.20 and standard deviation of 0.61 indicated that most of the respondents agreed that the youths do take a lot of psychotropic drugs to acquire energy, while the mean ratio of 3.21 and standard deviation of 0.74 indicated most of the youths take psychotropic drugs to resist pain. Again, the mean ratio of 3.00 and standard deviation of 1.09 indicated that out of the 330 respondents, 254 respondents agreed that the youths in Port Harcourt take psychotropic drugs for the purpose of avoiding financial pressures in society. Furthermore, the mean ratios of 3.10 and 3.32 and the corresponding standard deviation of 0.90 and 0.77 indicated that the youths in Port Harcourt take psychotropic drugs for the purpose of work and for sexual purposes.

Research Question 3: What are the effects of psychotropic drugs on the mental health of the youths?

Table 3. The effects of psychotropic drugs on the mental health of the youths

S/N	Items	SA	A	D	SD	Mean	Std.	Decision
12	Irritability lethargy, headache, toxicity, excess daytime sleepiness etc.	194	109	15	12	3.46	0.74	Accepted
13	Mental ill health, excess daytime sleepiness etc.	150	167	7	6	3.39	0.62	Accepted
14	The abuse of psychotropic drugs result to depression,	132	127	47	24	3.11	0.90	Accepted
15	The use of constipation for a long time could lead to convulsion and poor mental health functions	163	137	18	12	3.36	0.74	Accepted
16	The abuse of psychotropic drugs could lead to generalized anxiety disorder	161	136	19	14	3.34	0.77	Accepted
17	The abuse of psychotropic drugs result to schizophrenia	169	133	21	7	3.35	0.70	Accepted
Grand Mean						3.33	0.74	Accepted

Source: Field Survey (2022)

The table above presents the views of the respondents on the link between the abuse of psychotropic drugs and mental health issues. The mean ratios of 3.46, 3.39, 3.11, 3.36, 3.34, and 3.35 and corresponding standard deviation of 0.74, 0.62, 0.90, 0.74, 0.77, and 0.70 indicated that the abuse of psychotropic drugs leads to irritability, lethargy, headache, toxicity, excess daytime sleepiness, etc., mental ill health, excess daytime sleepiness, etc., depression, convulsion, and poor mental health functions, generalised anxiety disorder, and schizophrenia. The grand mean of 3.33 and corresponding standard deviation of 0.74 established that there is a strong nexus between the abuse of psychotropic drugs and mental health issues suffered mostly among youths.

VII. Discussion of Findings

The demographic data of the respondents revealed that more male participants were found in the sampled areas than female respondents. The age distribution of the respondents was such that the majority of the participants were found between 21 and 25 years of age, followed by respondents who were 26 to 30 years of age. Most of the youths were found to be students, while very few of the respondents (4, or 1.2%) were found to be doing nothing. The finding further established that 262 (79.4%) of the participants had had tertiary education.

The data analysis in Table 2 above established a high prevalence and abuse of drugs in Port Harcourt. The finding revealed that caffeine and codeine are not common in Port Harcourt City, while marijuana, tramadol, and alcohol are common among the youths in Port Harcourt City, Rivers State. Alcohol is the most widely misused psychotropic substance in Port Harcourt, as shown by the mean ratio of 3.32 and the standard deviation of 0.77. Oraegbune et al. (2017) found that the use of psychotropic drugs by young people in Nigeria has grown two- to thrice over the previous several decades. According to reports, the incidence of psychotropic medication usage among young Nigerians is three times that of young Europeans. Alcohol is the psychotropic substance with the highest prevalence of use, according to an evaluation of all psychotropic substances. This is consistent with the majority of previously published research, which do not only concentrate on one kind of psychotropic drug. The proportion of alcohol intake is always more than 20% of the total percentage of all drugs evaluated. Since alcohol is one of the most socially acceptable psychoactive drugs in the world, this result is not unexpected. Saddock and Saddock (2012) were mentioned by Mamat et al. (2015) as stating that juvenile illicit drug use is more frequent than any other age group in society.

Table 3 was utilised to evaluate the third research question. There are a variety of variables that lead to the use of psychotropic drugs. One of them is the performance-related use in researching processes. More young people are using psychotropic medicines in the form of stimulants to boost their learning focus and to study for longer periods by keeping them alert and calm. Youths commonly take psychotropic drugs for alertness and for hyperactivity, to acquire energy, and to resist pain. Also, the study established that the youths in Port Harcourt take psychotropic drugs for the purpose of avoiding financial pressures being faced, for the purpose of work and for sexual purposes. Chau et al. (2009) found that other stressors such as financial problems among students and academic pressures and their consequences on social life also contribute to the high possibility of using psychotropic medications.

The table above presents the views of the respondents on the link between the abuse of psychotropic drugs and mental health issues. The mean ratios of 3.46, 3.39, 3.11, 3.36, 3.34, and 3.35 and corresponding standard deviation of 0.74, 0.62, 0.90, 0.74, 0.77, and 0.70 indicated that the abuse of psychotropic drugs leads to irritability, lethargy, headache, toxicity, excess daytime sleepiness, etc., mental ill health, excess daytime sleepiness, etc., depression, convulsion, and poor mental health functions, generalised anxiety disorder, and schizophrenia. The grand mean of 3.33 and corresponding standard deviation of 0.74 established that there is a strong nexus between the abuse of psychotropic drugs and mental health issues suffered mostly among youths. The study revealed that there are varying degrees of psychotropic drug abuse among youths. For instance, the abuse of these drugs could lead to mental illness ranging from depression, headache, daytime sleepiness, and convulsions to generalised anxiety disorder. Findings also indicated that the majority of people in psychiatric homes are young people rather than the elderly. This indicated the high prevalence of drug abuse among youths and the consequences of its impact on the brains of the youths.

VIII. Conclusion and Recommendations

Psychotropic drugs and their effects on adolescents cannot be disregarded; thus, it is necessary to identify measures to reduce youth usage of these substances. This research evaluated psychotropic drug use in Port Harcourt, its effects on adolescents' mental health, and the most widely used psychotropic medicines. The majority of adolescents utilise and believe in the energy-boosting potential of drugs. Marijuana, tramadol, and alcohol are examples of such medications used in increasing doses. Further inquiry reveals that the majority of them are addicted to psychotropic medicines and desire to stop using them due to mental illness connected with drug usage, which may sometimes contribute to poor academic productivity.

Based on the findings, the following recommendations were stated:

- i. Parents, the government, non-governmental organisations (NGOs), and drug regulatory agencies such as the National Drugs Law Enforcement Agency (NDLEA) should train and

reorient children and adolescents on the negative effects of psychotropic drug abuse on their mental health, society, and human dignity. This is vital because every society must be concerned with the consequences of psychotropic substances and offer youth with management measures. These solutions could include proactive measures such as strengthening parent-child relationships, meeting the needs of the kid, and lowering the financial and academic burden of tertiary students.

- ii. The National Drug Law Enforcement Agency (NDLEA), the National Agency for Food and Drug Abuse Control, and other control groups must continue to carry out their responsibilities regarding drug abuse in order to make Nigeria a drug-free society, with a particular focus on the Nigerian youths, as they are the future leaders of this great country, Nigeria.
- iii. The Federal and State Ministries of Education should add "Drug Education" to the curriculums of all primary, secondary, and tertiary schools in Nigeria. Always organise lectures, seminars, rallies, film screenings, etc. for Nigerian adolescents on the negative repercussions of drug misuse. In addition, the Nigerian government as a whole should educate the population on the hazards of drug misuse through awareness campaigns, youth programmes, etc.

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